MRS. WILSON'S HOUSEHOLD MANUAL

CONTAINING Many of Her Most Popular Receipts, Along With Much Useful Household Information.

Published by

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ALSO

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- Catsup
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- Salmon
- Orange Marmalade
- Apple Butter
- Apple Sauce
- Raisins
- Chili Sauce
- Pickles
- Olive Oil

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- String Beans
- Hominy-Peas
- Red Pimento
- Sauer Kraut
- Sweet Potatoes
- Tomato Sauce
- Pork and Beans
- Beets, Corn
- Green Chili
- Pumpkin
- Spinach
- Tomatoes

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1. **The value of dealing with a large, dependable store.**
2. **The standard, reliable quality of our merchandise.**
3. **The comprehensive completeness of our large stocks.**
4. **The fair price of every article.**
5. **Should your goods be destroyed by fire or tornado we replace them free.**
6. **The Club Plan enables you to "Pay as You Use It."**
7. **The great saving because of this store's policy of selling to Club Plan Members at our regular cash prices.**

MONTGOMERY FAIR

MRS. WILSON'S HOUSEHOLD MANUAL

COMPILED AND WRITTEN ESPECIALLY FOR

MONTGOMERY FAIR

"THE STORE FOR EVERYBODY"

BY

MRS. MARY A. WILSON

WORLD-FAMOUS DOMESTIC SCIENCE AUTHORITY, LECTURER AND AUTHOR

The publishers wish to draw your particular attention to the products which are advertised in this edition. These products have been selected for representation only after thorough tests have been made of their quality and their ability to give satisfaction to the particular clientele of the Montgomery Fair. They are endorsed and used by Mrs. Wilson in all of her cooking lectures

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The word ptomaine, which is taken from the Greek, signifies "from a dead body." Food of nitrogenous character develops bacteria very quickly when exposed to the air in a warm temperature. It is important that, in hot weather, the utmost care be exercised in the purchasing, care and cooking of milk, eggs, meats, poultry, fish and sea foods.

Cured or smoked meats, when exposed to flies or other germs, will quickly develop the ptomaine germ without giving the article the appearance of being the least decayed.

When buying foods during the hot season, bring home with you, if possible, such foods as are affected by the heat. Food taken from a cool store or refrigerator, then carted around the city for several hours, is unfit to eat; also it is liable to develop the germs that cause ptomaine poisoning, without affecting the appearance of the food itself.

Do not use, as cooking utensils, enamel or porcelain pots or pans whose surfaces are broken; while stirring the contents of such utensils, the spoon is liable to come in contact with the broken surface and so chip off the fine particles, which enter the food, which when eaten, may cause serious stomach troubles.

Careless and indifferently cleaned utensils will cause ptomaine poisoning as quickly as the food itself. Give the food a reasonable amount of care when it has reached home. Hang the meat in the icebox; take the eggs from the cartons, and all foods from paper bags and put them at once in the icebox.

Symptoms of ptomaine poisoning are very clear—violent pains in the abdomen and legs, nausea, diarrhoea, creepy, tingly sensations, accompanied by chills and low temperature. Do not delay, but send for a physician at once. Give the patient, while waiting for the doctor's arrival, a strong emetic of mustard and warm water to produce vomiting.

An ounce of prevention is worth a pound of cure. Be on the safe side and do not buy carelessly handled foods, exposed to the street dirt, flies and other vermin. You have a right to expect and demand absolutely sanitary methods in handling, displaying, selling and delivering foods. Boycott at once the dealers who do not safeguard you by using up-to-date methods.

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MUTUAL COFFEE CO., MONTGOMERY, ALA.

Proper Care of the Refrigerator

The approach of warm weather makes it necessary that some provision be made for the care of food. The various makes of refrigerators on the market give the housewife a variety to choose from. Science has given us many improvements since the old, flat ice chest came into existence. The newest icebox is made from a composition resembling concrete, used in buildings. It is made in pure white and is indestructible. It will last from one generation to another.

No matter how good the box is, if it is carelessly kept it will be a source of great danger. Unfailing watchfulness is the price of a sanitary refrigerator. Do not make the mistake of thinking that food will keep indefinitely because it is placed on the ice. Just as surely as one food becomes permeated with the odor or flavor of another food that is close by, so will decaying food contaminate other foods that are close by. Because of this it is advisable to keep food in covered containers.

Meat should be hung by small hooks, which it is possible to buy at the hardware stores. These hooks, which are shaped like the letter S, are sharp at both ends. They may be hung from the shelves or from a rod across the side of the refrigerator. Never place meat in the icebox on a plate or wrapped in paper, the juice will escape and leave the meat tasteless. Always cover the hanging meat with a piece of wax paper.

Dishes of a uniform size will make the icebox appear orderly. Foods that must be kept moist may be rolled in wax paper. Wrap cheese in a piece of cloth wrung out of vinegar; this will prevent the molding as well as drying out.

Do not put greens in the icebox until they are thoroughly cleansed and all the blemished parts discarded. Tie lettuce, after cleansing, in a clean piece of cheesecloth and lay directly on the ice; this will keep it fresh and crisp for several days.

Keep butter in a separate crock, which should be provided with a close-fitting lid. Butter is very easily affected by other foods or strong odors. In fact, all foods having milk as a base, such as custards and puddings, are easily contaminated.

Bananas should not be placed in the refrigerator, for their odor will spoil and permeate other foods.

Unless well cared for the refrigerator will prove to be a source of great danger and a menace to the health of the family; it is often more dangerous than a polluted water supply, for in the unclean icebox lurks the deadly ptomaine germ.

The refrigerator does not have to be foul-smelling to become a menace. Do not allow food to lie neglected. Use all left-overs as soon as possible. Many times these small portions of left-over food are the creators of trouble.

Cleanse the icebox thoroughly once a week with boiling water and plenty of soda. Use a brush for the drain pipe. Sun and air the box for one hour each week. Keep a vigilant eye on the trap under the refrigerator. You will be surprised at the deposits that accumulate there. If by any chance some food is spilt or dropped in the refrigerator, always remove and cleanse at once.

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Fly Season Near; Keep Food Covered

The approach of the warm weather brings with it discomfort of fly time. During the season this household pest thrives, and the housewife should wage definite war against it. Food that is exposed in hot weather offers a breeding place for the dangerous pest.

Clean up the premises and yards and see that all garbage cans are disinfected and kept covered. Do not allow any pile of rubbish or waste to accumulate. See that all windows and doors are kept screened. Cover all foods that are exposed with wire or mosquito netting; these screens can be made by removing the ends of a box and covering it with wire or netting.

Do not permit milk vessels to stand around. Rinse them with cold water and then cleanse them with hot water.

First and last of all, swat the fly. Swat him early and late. It is possible to keep the house absolutely free from this menacing pest, but these rules should be strictly followed in summer even if the house is well screened:

Do not allow food to stand in an exposed condition.

Keep the garbage pail well covered.

Disinfect the garbage can twice a week.

Do not allow rubbish to accumulate.

Fresh air, sunlight and clean premises prevent disease.

How to Reduce Superfluous Flesh

Persons overburdened with superfluous flesh can, if they care to and will use will power, reduce to a normal weight. It requires a steadfast plodding along, combined with the strength of mind to deny one's self many of the foods that the average person delights in eating.

I do not advocate actual starvation, but I do believe in a diet of such foods that will maintain health and strength without supplying excess fat. For the first few days it requires constant will power and strength of mind not to indulge in the accustomed luxuries, but the result more than justifies the privations, accompanied by the improvement of health, figure and personal appearance.

As sugar, starches and fats are the chief constituents of superfluous flesh, it goes without saying that they are offenders. It will cause no distress or ill feeling if a scientific and rational diet be followed. This diet must also be accompanied by a larger amount of liquids taken for the purpose of keeping the liver and kidneys in active condition, eliminating the poisons which clog and overburden the system.

A Helpful Menu

Baked Apple
Poached Egg   Bran Bread Toast
Water Cress   Coffee

Bake the apples without sugar, and dust with cinnamon. Thin slices of bran bread toasted are dainty and appetizing. When poached eggs are placed upon them they require no butter. Water cress eaten at breakfast or at the beginning of the day is a very good appetizer and also refreshes the body. Coffee should be taken clear.

Health Hints

The teeth are an important factor in maintaining health. Poor, irregular, decayed teeth cause foul breath, and do not permit the thorough mastication of food. This creates intestinal disorders, caused by lumps of partly masticated food lying and fermenting in the stomach.

All food must be in a liquid state before it can pass into the intestinal tract, so if this task be continually imposed on the stomach it produces distress.

The mouth is indicative of character and as expressive as the eye. Refined and particular people do not neglect the appearance of the teeth. Taken for the amount invested, when necessary to have cavities filled and good dental work done, there is no part of the human body that will give such good results.

A reasonable amount of care, a good dentifrice and a fairly stiff brush—all these give pearly teeth, a clean, sweet breath, ruby lips and a feeling of perfect cleanliness.

A Simple Diet for Reduction of Flesh

Try the following menu. I feel sure they will help you. It will be necessary for you to continue this for three months before any real, visible reduction or improvement will be noticed:

Breakfast

Juice of one-half Lemon in one-half Cupful of Hot Water
Dry Toast   Sliced Tomatoes
Coffee

Luncheon

Clear Tomato Soup
Celery and Onion   Salad
Mayonnaise Dressing
Dry Toast   Tea

Dinner

Water Cress   Radishes
Boiled Fish, Butter Sauce
Spinach   String Beans
Tomato Salad
Baked Apple   Coffee

This menu may be varied by serving broiled chops or panned fish for breakfast; strained vegetable soup, strained clam chowder, strained bouillon for luncheon; grilled oysters, brown bread with Welsh rarebit in place of salad, roast lamb, baked fish, omelet and vegetable dishes in place of the boiled fish for dinner.

Eat freely of unsweetened apple sauce, oranges, grapes, if you still feel hungry. No sugar in your tea or coffee, and all varieties of fruit for desserts. Eat no pastries or cakes. Oranges and grapes may be used to replace the lemon juice every third morning. Do not eat fried or highly seasoned foods. Drink plenty of water between meals, but not with the meal. No fresh bread or rolls or corn bread should be eaten. Keep in mind the fact that two ounces of bread per meal is the limit. This diet, if persisted in, will give you abundant food and big returns in good health.

The human body has the power to consume food that, by the process of digestion, the necessary elements are supplied to the body; this, combined with the breathing of air into the lungs, supplies the oxygen, like a draft to a furnace, and enables the body to furnish energy, health and life-giving properties.

Food has a double mission to perform, the constant repair of the tissues from wear and tear and to supply energy for work and the strength to do this work.

Therefore it is most important that the stomach be kept in good condition. At the first appearance

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The Montgomery Journal is considered one of the leading newspapers in the South. It has always stood uncompromisingly for those principles for the best interests of all of its constituency, and invariably its position has been vindicated.

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of digestive disturbances restrict your eating. Do not eat when you feel out of sorts. Give the stomach a rest and use only a minimum amount of nourishment. Do not eat heavy foods, fried foods, fresh or hot bread, pancakes or pies. Here are some dainty appetizers for an "out-of-sorts" day.

Scraped Apple

Cut an apple from stem to blossom end, and use a tablespoon to scrape. Pile in a heap like snow. This is refreshing and easily digested. It may be given to small children.

Chocolate Sauce

Place in a saucepan
One cup of syrup,
One-half cup of brown sugar,
One cup of water,
One-half cup of cocoa,
Five tablespoons of cornstarch.

Stir to dissolve the starch and then bring to a boil and cook for five minutes. Remove from the fire and cool.

Orange Juice

Squeeze the juice of a sweet orange, then strain and serve in a thin glass with two tablespoonfuls of finely cracked ice. Drink slowly.

Cold Apple Dumplings With Chocolate Sauce

Split the apple dumplings in half and then spread with jelly, and place together and cover with chocolate sauce.

Pudding a la Francaise

Soak stale bread until soft and then place in a cloth and press very dry. Now rub through a fine seive and measure. Place two cups of the prepared bread in a mixing bowl and add

Three-quarters cup of sugar,
One cup of milk,
One whole egg,
One egg yolk,
One teaspoon of vanilla,
One-quarter teaspoon of nutmeg.

Be sure to thoroughly mix and then grease individual custard cups well and dust with sugar. Fill with the pudding and set the cups in a baking pan containing hot water and bake in a slow oven until firm to touch in the center.

Cool and then loosen the pudding with a sharp knife and turn on a service plate, and spread the pudding thickly with jam and then cover with meringue made as follows:

White of one egg,
One-half glass of jelly.

Beat this mixture until it forms a stiff meringue and will hold its shape. Cover the pudding and then dust with cinnamon.

Fruit Butter

Soak prunes and apricots overnight if possible. Stew one pound of prunes and one-half pound of apricots until very soft in barely enough water to cover. Rub through a sieve; then return to saucepan and cook slowly until thick like apple butter. Do not add sugar. Care must be taken so that this mixture does not burn. It is a natural laxative, and is delicious on toast.

Orange Tarts

Prepare a plain pastry, then roll thin on a well-floured board. Cut in four-inch squares and place one tablespoonful of orange cream in the center. Brush the edges with water. Fold into triangles, pressing the edges firmly. Then wash

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with glaze made of one tablespoonful of syrup and four tablespoonfuls of milk. Bake for twenty minutes in moderate oven.

Stewed Figs

Soak the figs for a few hours; then place in a saucepan. Cook slowly until the figs are plump and tender, usually about one hour. Do not add sugar. The laxative quality of figs is well known.

Orange Cream

Juice of one orange,
One-half cup of sugar,
Two tablespoonfuls of cornstarch.

Dissolve the orange juice and sugar and then add starch. Cook until clear and thick, then take from fire and add juice of one-half lemon and one tablespoonful of butter. Use as directed.

Fruit Roll

Make a pastry of

One cupful of flour,
One-half teaspoonful of salt,
One teaspoonful of baking powder,
Four tablespoonfuls of shortening,
Five tablespoonfuls of water.

Mix the dry ingredients, then rub in the shortening. Mix the dough with the water. Roll on a well-floured pastry board one-fourth inch thick. Peel and cut in very thin slices three apples; lay on the prepared pastry. Season with nutmeg and sugar. Roll like jelly roll. Place in a well greased and floured bake pan. Bake for thirty minutes in a moderate oven.

Pour over the fruit roll four tablespoonfuls of sugar dissolved in one-half cupful of water before placing in the oven.

Banana Fritters

Peel and cut in half medium-sized bananas. Place in a deep bowl and pour over them the strained juice of one lemon. Let this stand for one hour, then dip in a prepared batter. Fry until golden brown in boiling fat. Serve with honey or fruit sauce.

To Make the Batter for the Banana Fritters

One-half cupful of flour,
One-half teaspoonful of salt,
One teaspoonful of baking powder,
One-half cupful of milk,
One teaspoonful of melted butter.

Mix in the order given, beating well. Dip the prepared bananas in, taking care to cover them well with the batter.

Watermelon Syrup

Remove all the pulp from the watermelon and chop it fine. Place this pulp, together with all the watermelon juice, in a preserving kettle and boil until the mixture can be put through a fine sieve. Return to the kettle and cook to the desired consistency. This syrup is delicious on cereals, hot cakes and mush.

Colonial Lemon Cream

Two and one-half tablespoonfuls cornstarch,
One cupful of water.

Dissolve the starch in the water and bring to a boil. Then add

Yolk of one egg,
One-half cupful sugar,
Rind and juice of one lemon.

Then cook for five minutes and take from fire and add whites of eggs, beaten until stiff. Beat until

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District Manager

fluffy, then set on ice. Use as a sauce or to fill pastry shells.

Quince Jelly

Wash twelve quinces and cut in small pieces. Do not core or pare. Cover with cold water and bring to a boil. Cook slowly until fruit is soft. Turn into jelly and let juice drip. Measure juice and return to saucepan. Bring to boil and cook for ten minutes. Allow three-quarters cupful of sugar to each cupful of juice. Add sugar and cook ten minutes. Pour in glasses and seal in the usual manner. Rub the pulp left in the jelly bag through a fine sieve and then measure. Place in kettle and add one-half cupful of sugar to each cup of pulp. Cook until thick, and then pour into glasses. Store in usual manner.

Vanilla Sauce

Take one cupful of water and one-half cupful of sugar. Boil for five minutes, then remove from fire and add one teaspoonful of vanilla extract and one well-beaten egg. Cool and use.

Candy

There is no part of the Christmas preparation that affords so great pleasure as making the Christmas candies. Sugar is scarce and therefore a luxury, yet one pound of sugar will make from five to six pounds of the choicest candies when combined with raisins, nuts, figs, dates and prunes.

Making the fondant, which is so essential in making these delectable morsels, need have no terror for the women who will carefully follow directions. First and foremost, all utensils must be scrupulously clean, without the slightest suspicion of grease. Second, do not stir the sugar and water after once the boiling starts. This will cause the sugar to grain.

To Prepare the Fondant

Four tablespoonfuls of crystal corn syrup,
Two cupfuls of sugar,
Three-quarters cupful of water,
One-quarter teaspoonful of cream of tartar.

Place in a saucepan and stir until the sugar is dissolved. Place on the fire and cook until 240 degrees is reached on a candy thermometer; then pour on a large and slightly greased or oiled meat platter. Let cool until a thick skin forms on the top. Now, with the cake turner, begin to knead and work it like you would your garden soil until the mixture is cream white. When cool knead it as you would bread. Now place it in a clean bowl and cover and then set in a cool place. Do not set in the refrigerator.

A candy thermometer is an absolute necessity in the household. It may be used for many purposes.

Orange Pie

Line a pie tin with plain pastry. Peel and cut in small pieces two oranges. Place in saucepan and add one cupful of water and three tablespoonfuls of cornstarch. Bring to the boiling point, then take from fire and odd one-half cupful of sugar and one well-beaten egg. Mix well; pour in prepared pie tins and bake for twenty minutes.

Custard Sauce

One cupful of milk,
One tablespoonful of cornstarch,
Yolk of one egg,
One-half cup of sugar,
One teaspoonful of vanilla.

Blend starch and milk, then cook. Add yolk of one egg. Beat

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well, then take from fire and add sugar and flavoring. Cool and serve.

Prune Salad

One-half cupful stoned prunes,
Two tablespoonfuls cheese,
One orange.

Fill cavities of prunes with the cheese. Slice the orange and cut each slice in half, then line a bowl with lettuce leaves, lay in the slices of orange, then the prunes cut in half and garnished with strips of pimentoes. Serve with fruit dressing.

Snow Pudding

One cup of water,
Three tablespoonfuls of cornstarch,
One-half cupful of sugar,
One teaspoonful of vanilla,
White of one egg.

Dissolve the starch in water and cook until clear; now add one-half cupful of sugar, one teaspoonful of vanilla and stiffly beaten white of egg. Pour into custard cups to mold. Serve with custard sauce.

Cakes

Sugar, butter and eggs are within reach of the prudent housewife. So let us go back to good old days and bake plenty of home made cakes and other goodies.

To Make Sponge Cake Weighing One Pound at Cost of Twenty-five Cents

Here is the recipe for making a delicious sponge cake which weighs one pound at a cost of less than twenty-five cents. The cost is divided as follows:

One cupful sugar, one-half pound, four cents.

One cupful flour, one-quarter pound, one and one-half cents.

Two teaspoonfuls baking powder, one cent.

Three eggs at forty-eight cents a dozen, twelve cents.

Gas, one and one-half cents.

How It Is Made

One cupful sugar,
Yolks of three eggs.

Cream together against the side of the bowl, using the back of the spoon, until light and lemon colored, then add:

Four tablespoonfuls water,
One cupful flour,
Two teaspoonfuls baking powder.

Beat well to thoroughly mix. Cut and fold in the stiffly beaten whites of three eggs. Bake in a moderate oven at 275 degrees Fahrenheit from forty-five to fifty minutes. Then cool.

How to Beat Whites of Eggs

Use a Dover or Ladd beater. Place the whites of eggs in a deep bowl and proceed to beat until, when you lift the beater, the tiny points of white of eggs stand perfectly straight. If they turn over, they are not beaten sufficiently.

How to Cut and Fold in Whites

Remove the whites of eggs with a spatula from the bowl. Do not stir or beat while transferring the whites of eggs into the cake mixture. Lift the spoon and remove all the cake mixture from it so that all the mixture will be even.

Cut through the white of egg and cake mixture from the center of the bowl to the sides of the bowl. Turn the contents of the spoon over; this is the folding part. Turn the bowl each time you fold, and cut the mixture from the center, so that you will mix evenly.

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Just as soon as the white of eggs are mixed pour the mixture into a pan and bake.

Baking the Cake

Tube, Turk's head or shallow, square pans are suitable. Grease the pan carefully. Sprinkle with flour, then knock the edge of the pan against the rim of a bowl; this removes all excess flour.

For successful results use a portable oven thermometer. Light the oven for four minutes, then turn down the burners until a steady heat is maintained.

When baked test with a clean broom-splint or tooth pick. If the splint or pick is dry when removed after it is plunged into the cake, the cake is baked. Always test the cake near the center. Press the cake with the fingers. If it is firm and does not sink, the cake is baked.

Louisiana Crullers

One cupful of sour cream,
One cupful of sugar,
One level teaspoonful of baking soda,
One level teaspoonful of nutmeg,
One egg.

Beat to thoroughly blend and then add four and one-half cupsful of flour. Roll out on a floured pastry board and then cut and fry in hot vegetable cooking oil until they are golden brown. The temperature for cooking the crullers in the oil is 360 degrees Fahrenheit.

Sour-Cream Cake Filling

One-half cupful of thick, sour cream. Beat until stiff, and then add:

One-half cupful XXXX sugar,
One teaspoonful of vanilla,
Three-quarters cupful of finely chopped nuts, raisins, dates and figs.

Blend well and then cut and fold into the mixture the stiffly beaten white of an egg. Spread between the layers of a cake and then sprinkle the cocoanut over it. Place the cake together.

Fruit Cake

One-half cupful of brown sugar,
One cupful of molasses,
Two tablespoonsful of cocoa,
One egg,
One and one-half level teaspoonfuls of baking soda.

Dissolve the soda in part of the cream and then add to the remainder of the ingredients. Beat well to mix and then add

Three and one-half cupsful of sifted flour.
One and one-half teaspoonfuls of cinnamon,
One teaspoonful of nutmeg,
One cupful of seeded raisins,
One-half cupful of chopped nuts.

Beat to thoroughly mix and then pour in a greased and floured cake pan and bake in a moderate oven for one hour.

Tiffany Cake

Make a sponge cake of

Yolks of three eggs, creamed until light lemon color,
One cupful of sugar,
Four tablespoonfuls of water,
One cupful of flour,
Two teaspoonfuls of baking powder.

Beat well to mix. Then carefully fold in the stiffly beaten whites of eggs. Bake in square pan one inch deep for forty-five minutes. Cool, then split and fill with whites of two eggs, beaten very stiff, then fold in four tablespoonfuls of sugar and four table-

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spoonfuls of currant jelly. Spread on top for icing one ounce of butter and one-half cupful of sugar.

Make rose with pastry tube on each cut. This amount will make eight portions.

The left-over yolks of eggs may be used in the salad dressing, using two egg yolks in place of one egg.

For Butter Sponge

Use a sponge mixture, adding three tablespoonfuls of melted butter to the sugar before adding to the yolks of eggs. Ice the sponge cake with water icing made from three tablespoonfuls of water and enough sugar to spread. Add the sugar to the water slowly, beating continuously. This amount will take little more than one-half cupful of sugar. Be sure you use confectioners' sugar; pulverized sugar will not do.

Seven eggs are used in a pound cake.

Soft Cookies

Place in a saucepan

One cupful of molasses,
Six tablespoonfuls of shortennig,

Bring to a boil, and then add

One teaspoonful of ginger,
One and one-half teaspoonfuls of cinnamon,
One-half teaspoonful of allspice.

Stir to blend and then take from fire and let cool. Now add

One egg,
One cupful of sour milk,
One teaspoonful of baking soda.

Beat with a Dover egg-beater to blend and then add sufficient flour to make a soft dough that can be handled, usually about six cupfuls. Form into balls the size of a walnut and then flatten between the hands. Bake upon a greased and floured inverted baking pan in a moderate oven for about ten minutes.

Angel Cake

One cupful flour,
Three-fourths cupful sugar,
One teaspoonful cream of tartar,
One-fourth teaspoonful salt,
One cupful white of eggs.

Sift four times. Beat one cup of whites of eggs until stiff, adding one teaspoonful of vanilla. Now cut and fold the flour mixture. Pour into pan without greasing. Use a buttered paper on the bottom pan. Bake for forty minutes.

Chocolate Cake

One cupful of sugar,
Five tablespoonfuls of shortening,
Yolks of two eggs.

Cream until a light, frothy lemon color. Then add

Three-quarters cupful of milk,
Two cupfuls of flour,
Three teaspoonfuls of baking powder,
Eight tablespoonfuls of cocoa.

Beat in the order given, fold in the whites of two eggs, beaten stiff. Bake in three layers. Put together with chocolate icing.

Chocolate Icing

Five tablespoonfuls of hot coffee,
Two ounces of chocolate,
XXXX sugar to spread.

Melt the chocolate in boiling coffee, then add the sugar to spread. Ice the cake and then let it stand until set.

Sally Lunn (Kentucky)

One cupful sour milk,
Two tablespoonfuls melted butter,
Two tablespoonfuls sugar,
One teaspoonful salt,

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Three-quarters teaspoonful soda,
Two well-beaten eggs,
Two cupfuls of flour.

Mix in order given, beating hard for three minutes. Then pour into a well-greased pan and bake in a moderate oven for thirty minutes. This may be baked in layer-cake pans.

Banana Cake

One-half cupful sugar,
Yolk of one egg.

Cream until a light lemon color, then add

Five tablespoonfuls water,
Three-fourths cupful flour,
One and one-half teaspoonfuls baking powder.

Beat well to mix, then carefully fold in the stiffly beaten white of the egg; bake in an eight-inch layer cake pan eighteen minutes in a hot oven. Cool, split and fill with crushed bananas.

Nut Cake

Yolk of one egg,
One cupful of sugar,
Four tablespoonfuls of peanut butter,
Four tablespoonfuls shortening,
Two cupsful flour,
Three teaspoonfuls of baking powder,
One-half cup finely chopped nuts.

Cream five minutes, then beat well to thoroughly mix. Now carefully fold in the stiffly beaten white of egg. Pour into a well-greased and floured tube pan. Bake for thirty-five minutes in a moderate oven. Ice with water icing.

Mocha Cake

To make Mocha cake,

One and one-quarter cups sugar,
Three-quarter cup butter,
Yolks of three eggs.

Cream until a light, frothy, lemon color, then add

Three cups of flour,
One cupful milk,
Three teaspoonfuls baking powder.

Beat well, to mix, then fold in stiffly beaten whites of three eggs. Bake in three layers in moderate oven for eighteen minutes. Cool and put together with Mocha icing.

Mocha Icing

Dissolve 3 tablespoonfuls of Runkle's cocoa in one-half cupful of strong coffee. Bring to boil, cooking for two minutes. Take from fire and add one teaspoonful of vanilla extra and sufficient XXXX sugar to spread. Spread between layers and cover top and sides of cake.

White Mountain Cake

Yolks of two eggs,
Three-quarter cupful of sugar,

Cream until light lemon color, add

Two tablespoonfuls of water,
One cupful of flour,
Two teaspoonfuls of baking powder.

Beat well together to mix and carefully fold in the stiffly beaten white of two eggs.

Pour in well-greased and floured layer cake pans and bake in a moderate oven for fifteen minutes. Cool and place the white mountain filling between the layers and dust top of cake with pulverized sugar.

White Mountain Filling

Beat whites of two eggs until very stiff. Beat in one-half cupful of pulverized sugar and two teaspoonfuls of melted gelatin. Beat

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MONTGOMERY FAIR

until it will hold its shape. Fill into cake.

Note—The whites of eggs must be very cold and beaten until stiff before adding the sugar.

Two-in-One Cake

One cupful of molasses,
One-half cupful of sour milk,
Five tablespoonfuls of shortening (melted),
One egg,
One level teaspoonful of baking soda,
Two level teaspoonfuls of ginger,
One level teaspoonful of allspice,
One-half level teaspoonful of nutmeg,
One level teaspoonful of cinnamon,
One-half level teaspoonful of salt,
Two cupfuls of flour.

Dissolve soda in sour milk, then add molasses and balance of ingredients. Beat well to mix. Pour two-thirds into baking pan and bake in a moderate oven for thirty-five minutes. Add sufficient flour to the balance of the dough to roll. Then form into small balls, flattening them between the hands very thin. Bake on the bottom of a baking pan for ten minutes in hot oven. This method saves rolling.

Old-Fashioned Strawberry Shortcake

Two cupfuls of flour,
One teaspoonful of salt,
Four teaspoonfuls of baking powder.

Sift together twice, then rub in six tablespoonfuls of shortening. When fine and crumbly add

Three-fourths cupful of milk.

Knead well, pat or roll out to one-half inch thick. Cut with a three-inch biscuit cutter. Brush the tops of the biscuits with melted butter. Bake in hot oven for fifteen minutes. Split, then butter and fill with crushed and sweetened berries. Serve with cream or Colonial fruit sauce.

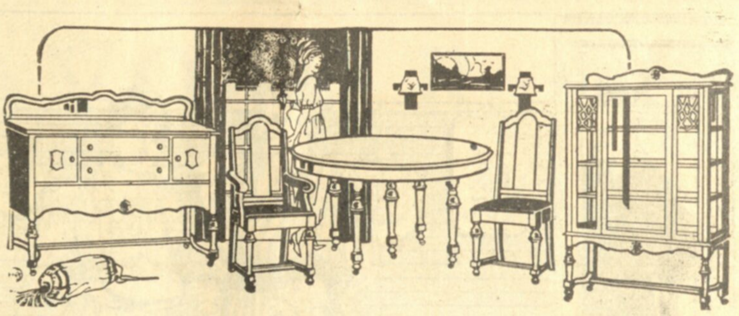
Fruit Cake

Fruit cake, royal queen that she is, has never been superseded. She leads and all others follow. Two hundred years ago fruit cake was an indispensable feature of every feast of note, and the reveler of today holds it equally high in favor.

Before starting look carefully over the recipe; collect and arrange the materials. Have a table large enough to hold the things that you are working with comfortably. Prepare the pans, grease and dust them with flour and then line them with five or six thicknesses of paper. Dry the flour before sifting. All currants and raisins, nowadays, are labeled "cleaned," but they must be carefully inspected, nevertheless.

The nuts should be finely chopped; the candied peels and citrons cut very thin with a pair of sharp, clean scissors. Dredge all fruits with a cup of flour, taken from the amount called for in the recipe.

When once the mixing is started do not let interruption interfere until the cake is placed safely in the oven. Bake it no fewer than four hours. Take from the pan, and when cold wrap in a clean towel, shut it away in an airtight can or box to blend.



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King of Fruit Cake

One-half pound of sugar,
Six eggs,
One cupful of grape juice,
One teaspoonful of nutmeg,
One teaspoonful of ginger,
One-quarter pound of shortening,
One teaspoonful of soda,
One cupful of sour cream,
One teaspoonful of cloves,
Juice of one lemon,
Rind of one lemon,
One glass of jelly,
One glass of preserves,
One cupful of molasses,
One and one-half pounds of flour,
One pound of figs,
Three-quarter pound of citron,
One pound of currants,
One pound of dates,
Two pounds of raisins.

Chop the citron and figs fine, then stone the dates, chop fine and mix the currants and raisins and one-half the flour. Cream the shortening and sugar; add eggs, spices, one-half flour; stir the soda in the cream and mix with the molasses. Add to the cake, then add the lemon rind and juice, also grape juice, and lastly add the floured fruit. Bake for three hours in a slow oven. This cake weighs ten pounds baked.

To Make Colonial Fruit Sauce

One cupful of berries,
One cupful of sugar,
White of one egg.

Place in a deep bowl or pitcher and beat with Dover egg beater for fifteen minutes. You will have a pitcher of light frothy sauce that will keep in a cool place for two or three days.

Strawberry Parfait

Make a fruit meringue with
White of one egg,
One-half glass of jelly.

Beat until this mixture forms a very stiff meringue. Divide in half and to one portion add one and one-half cupfuls of crushed and sweetened berries. Fill into tall-stemmed glasses and top off with the balance of the meringue. Garnish with a strawberry and then set near the ice to chill.

Strawberry Tarts

Pick the berries, then wash and drain. Cover one quart of berries with one cupful of sugar. Place in saucepan and cook gently until soft, adding
Two tablespoonfuls of gelatin,
Two tablespoonfuls of water.

Dissolve the gelatin in water, add to prepared berries. Cool and fill into individual tart pans, which have been lined with pastry. Bake in moderate oven for twenty minutes. Serve with whipped cream or plain cream.

Strawberry Foam

One cupful of mashed strawberries.
One cupful of sugar,
White of an egg.

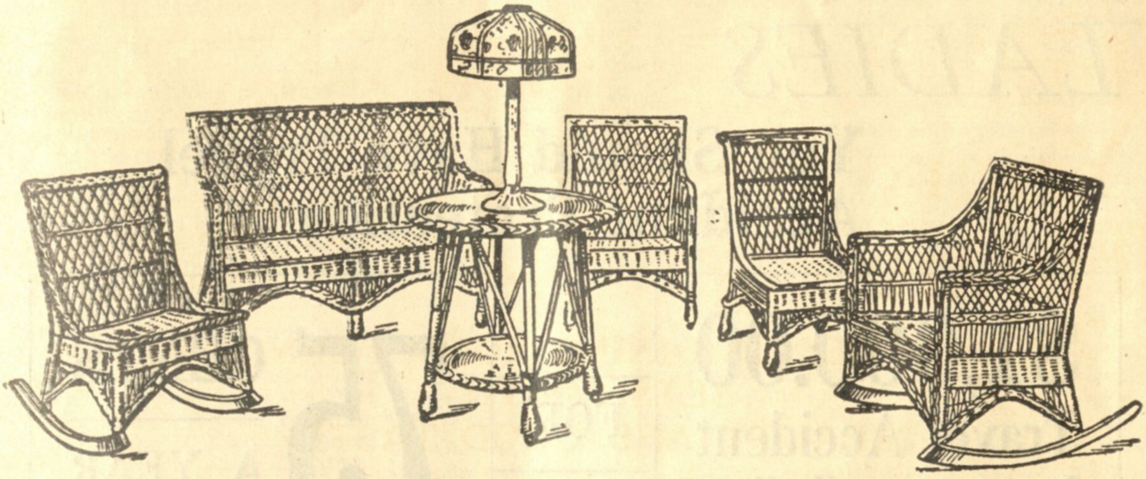
Place in a deep bowl and beat until light and frothy.

The sauce will keep four or five days in a refrigerator.

Strawberry Dumplings

Make a pastry of the following:
One cupful of flour,
Two teaspoonfuls of baking powder,
One-half teaspoonful of salt,
Three tablespoonfuls of shortening.

Mix dry ingredients and rub in the shortening, then mix to a dough with seven tablespoonfuls of water. Roll very thin on well-floured board. Cut in four-inch



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squares and fill center with washed and hulled berries. Work dough over fruit to close; tie in dumpling cloth, plunge into boiling water and cook twenty minutes; lift, drain and serve at once with strawberry foam.

Strawberry Tapioca

Wash five tablespoonfuls of pearl tapioca in plenty of cold water. Place in a saucepan and add two cupfuls of cold water. Cook slowly until the tapioca is soft and clear. Now add

One cupful of milk,
One beaten egg,
One cupful of crushed berries,
Three-quarters cupful of white syrup.

Mix and then bring to the boiling point. Pour into individual custard cups. Cool. Serve with a large berry on top.

Raspberry Custard

Two cupfuls of milk,
Five tablespoonfuls of cornstarch.

Dissolve starch in milk and bring to a boil. Cook for three minutes. Remove from fire and add

Yolk of one egg,
One-half cupful of sugar,
One-quarter teaspoonful of salt.

Beat well, then pour into individual molds. Set aside to cool. To serve, turn from molds and cover with crushed and sweetened raspberries; garnish with a meringue made from stiffly beaten white of one egg and three tablespoonfuls of pulverized sugar.

Rhubarb Dumplings Baked

Make regular pie pastry. Roll out one-quarter inch thick. Cut in three-inch squares. Brush with milk, then lay rhubarb in center and sprinkle with sugar. Fasten the corners, fold dough to dumpling shape, then bake in moderate oven for twenty minutes. Serve with hard sauce.

Rhubarb Jelly

Three-quarters pound of rhubarb,
Three-quarters pound of sugar,
Three ounces of raisins,
Grated rind of half an orange,
Juice of one orange.

Cut rhubarb in small pieces, add sugar, raisins, cut in half, then the juice of orange and rind. Place on stove to heat until sugar is melted. Cook until thick, usually about three-quarters of an hour. Pour in jelly glasses, and then cover with paraffin.

Rhubarb Pudding

Make a batter of

One cupful of flour,
One teaspoonful of baking powder,
One cupful of sugar,
One egg,
One cupful of milk,
Two tablespoonfuls of butter.

Mix dry ingredients. Add egg and milk. Beat well, add melted butter and one cupful of diced rhubarb. Half fill greased custard cup, then bake in moderate oven for twenty-five minutes. Serve with fruit sauce.

Rhubarb Sauce

Cut rhubarb in half-inch pieces, steam until tender, adding one-quarter cupful of water, one cupful of sugar to each pint of rhubarb before cooking. Run through sieve and serve very cold.

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CHERRIES

The delicious, luscious cherry claims Persia as its original home. Yet many of us think of the cherry blossom time in Japan, which usually occurs in the latter part of May and the early part of June, as the true time for the cherry.

On the Pacific coast, in California and in Oregon, the dry temperate climate of this famous orchard district is favorable for the growth and the highest perfection of this delicious fruit.

The early Romans were familiar with about eight varieties of cherry, which is smaller in size and decidedly more aromatic than the cultivated cherry, for distilling purposes. The natural sweetness of the wild cherry made it a great favorite for cordials, syrups, etc.

Wild cherries in Europe are considered a staple article of diet. Formerly the schools closed so as to allow the children to help in the harvest of this delicious fruit. In this way the fruit was conserved for winter use and made into jams and preserves; then, too, by stoning and drying, this fruit becomes the pitted cherry of commerce. The black or Marasca cherry of Dalmatia is a great favorite for both drying and distilling cordials and vinegars.

The beautiful, light, rosy-cheeked cherry known as the waxy cherry is so named because of its waxy appearance; it is used mostly for canning.

This popular fruit is delicious either raw, canned or preserved. Maraschino cherries are well known. Cherries are the ingredient of maraschino and kirschvasser. Under the skillful hand and watchful eye of the landscape gardener, the cherry has reached perfection.

Cherry Dumplings

Prepare a dough of:

One and one-half cupfuls of barley flour,
One teaspoonful of salt,
Three teaspoonfuls of baking powder,
One-half cupful of syrup,
One egg,
One cupful of stoned cherries,
Two tablespoonfuls of shortening,
Seven tablespoonfuls of water.

Mix and then place two large tablespoonfuls in well-greased custard cups. Bake in a moderate oven for twenty-five minutes. Serve with cherry sauce.

Cherry Sauce

One cupful of syrup,
One and one-half cupfuls of cherries,
One-half cupful of water,
Two tablespoonfuls of cornstarch.

Dissolve the starch in the water and add to the syrup and fruit. Bring to a boil and cook slowly for five minutes. Serve.

Cherry Salad

Stone a sufficient quantity of cherries to measure one cupful. Save all the juice. Add

One cupful of cocoanut,
One banana,
One apple or pear, cut in dice.

Shake or toss to thoroughly mix. Now prepare a fruit dressing of

One-half cupful of syrup,
One-half cupful of water,
Two tablespoonfuls of cornstarch.

Dissolve the starch in the water and bring to a boil. Cook for five minutes, and then add

Juice of one lemon,
One teaspoonful of vanilla extract,
Yolk of one egg.

Beat to mix and then carefully fold in the stiffly beaten white of egg. Serve the salad on a lettuce.

Cherry Custard Pie

Line a deep pie tin with wartime pastry. Now make a custard of

One cupful of milk,
One cupful of cooked cherries,
Two tablespoonfuls of cornstarch.

Dissolve the starch in the milk and then add the cherries. Bring to a boil and then remove from the fire. Add the yolk of one egg. Cool and then pour into the pastry. Bake in a moderate oven for twenty minutes. Now cook one cupful of crystal white syrup until it reaches 221 degrees Fahrenheit, using the candy thermometer. Cool and then pour slowly upon the stiffly beaten whites of egg. Beat the meringue until stiff and then pile on the custard pie.

Cherry Meringue

Line a pie tin with good pastry and fill the plate with stoned and cooked cherries. Bake in a moderate oven for twenty-five minutes. When cool cover with a meringue made of one white of egg and four tablespoonfuls of sugar. Put in oven to brown.

Cherry Fritters

Make a drop batter of

One-quarter cupful of syrup,
Six tablespoonfuls of water,
One teaspoonful of shortening,
One egg,
One cupful of barley flour,
Four tablespoonfuls of cornstarch,
Two teaspoonfuls of baking powder,
One-half teaspoonful of salt,
One cupful of stoned cherries.

Mix and then fry until golden brown in hot vegetable oil. Drain on a paper napkin and then serve with cherry sauce or whip as prepared in rice recipe.

Japan Dessert

Wash one-quarter cupful of rice in plenty of water, then place in a saucepan containing two and one-quarter cupfuls of boiling water. Cook until the rice is soft and the water absorbed. Now, while the rice is cooking, prepare, by stoning, a sufficient amount of cherries to measure one and one-half cupfuls. Place in a saucepan and add one cupful of syrup. Cook until 221 degrees Fahrenheit is reached, or until the syrup spins a fine thread from a fork. Chill and then pour over the white of two eggs. Beat until a stiff meringue is formed. Fold in the cooked and chilled rice. Serve with sunshine sauce.

Sunshine Sauce

One cupful of syrup,
One cupful of water,
Three tablespoonfuls of cornstarch.

Dissolve the starch in the water and then add the syrup. Bring to a boil and then cook for five minutes. Now remove from the fire and add

Yolks of two eggs,
One teaspoonful of vanilla.

Beat with a Dover egg beater to thoroughly mix. This amount will serve eight people.

French Pound Cake

Three-quarter pound shortening,
One pound sugar,
Yolks of seven eggs,
One teaspoonful mace.

Cream until light lemon color then add

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One and one-half cupfuls milk,
One pound flour,
Four teaspoonfuls baking powder.

Beat hard for ten minutes, then fold in, mixing thoroughly the stiffly beaten white of eggs. Pour in well greased and floured pan. Bake fifty-five minutes in moderate oven. This cake weighs nearly four pounds when baked.

Cherry Pie

Make a war pastry and then line a pie tin. Prepare a Swiss cherry filling:

One and one-half cupfuls of cherries,
One cupful of syrup,
Three tablespoonfuls of cornstarch, dissolved in
Three tablespoonfuls of water.

Bring quickly to a boil and then cool. Fill into the crust. Place lattice-like strips across the top of the pie. Brush with egg wash. Bake in a hot oven for twenty minutes.

Cherry Jam

Wash, stem and pit the fruit, then measure. Now place in a preserving kettle and add

One cupful of crystal white syrup,
One-half cupful of sugar

to each three cups of prepared fruit. Cook until 221 degrees Fahrenheit is reached on the candy thermometer. Pour into sterilized glasses and then allow to cool. Cover with paraffin and store in the usual manner.

Cherry Syrup

Use the soft and bruised fruit for this purpose. Stem and wash but do not stone. Place in a kettle and cover with cold water. Bring to a boil and then cook slowly until the fruit is very soft. Strain through a jelly bag and then return to the kettle. Add

One quart of crystal white syrup,
One cupful of sugar

to every three quarts of juice. Bring to a boil and then cook for eight minutes. Fill into sterilized bottles. Seal and then dip the tops of the bottles in melted paraffin.

This fruit syrup may be used for summer drinks, on hot cakes, waffles, puddings, etc.

Cherry Vinegar

Place the fruit left from the juice from the cherry syrup in a large earthen crock. Cover with a warm water, adding two pounds of brown sugar to every six quarts of water. Now dissolve one yeast cake in one cupful of lukewarm water. Add to the mixture and allow it to stand for eight weeks to ferment.

Strain and bottle. This vinegar will be ready for use in three months.

Cherry Roll

Make a plain pastry of

One cupful of flour,
One-half teaspoonful salt,
One teaspoonful baking powder,
Four tablespoonfuls shortening,
One-quarter cupful of water.

Mix dry ingredients, rub in shortening, add water; mix to dough. Roll one-quarter inch thick on well-floured pastry board. Spread with cherries, stoned, and chopped fine. Sprinkle over the cherries one-half cupful of brown sugar, roll the dough like a jelly roll. Place in a well-greased and floured pan, pouring three-fourths cupful of water and four table-

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spoonfuls of sugar over the roll as you place it in the oven. Bake in moderate oven thirty-five minutes. Serve with fruit sauce.

Cherry Cocktail

Stone and cook one-half pound of cherries and, if very sour, sweeten them. When ready to serve, put four tablespoonfuls of cooked cherries in a cocktail glass, add two tablespoonfuls of crushed ice and a few mint leaves.

H-O Steamed Brown Bread

One-half cup H-O (ground in food chopper),
One cup flour,
One cup Graham flour,
One cup corn meal,
One teaspoonful soda,
Two teaspoonfuls baking powder,
One teaspoonful salt,
One-half cup molasses,
One-quarter cup melted butter or lard,
Two eggs,
Two cups sour milk.

Mix in order given, sifting the dry ingredients together first and adding the molasses, butter, eggs and milk. Steam in greased tins or cans for 3 hours. Slice and serve.

H-O Graham Spice Cake

One-half cup H-O (ground in food chopper),
One-half cup butter or lard,
One cup sugar,
One egg,
Four tablespoonfuls water or milk,
One and one-quarter cups Graham flour,
One-quarter teaspoonful cinnamon,
One-half teaspoonful nutmeg,
One-quarter teaspoonful cloves,
One teaspoonful baking powder.

Sift dry ingredients together, add to well creamed butter and sugar. Add egg, then milk. Bake in moderate oven.

H-O Cookies

Two cups H-O,
One cup sugar,
Three-quarter cup fat,
Two-third cup sour milk,
One-half teaspoonful nutmeg,
One-half teaspoonful cloves,
Two cups flour,
One teaspoonful soda,
One cup raisins or peanuts ground,
One teaspoonful vanilla,
One teaspoonful cinnamon.

Mix in order given. Drop on tin. Bake in moderate oven.

H-O Pudding

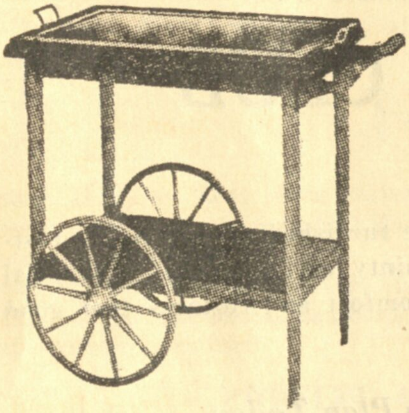
(Cooked in milk.)
One cup cold cooked H-O,
One cup milk,
One-third cup sugar,
One-quarter cup raisins,
One egg or one teaspoonful cornstarch, nutmeg, cinnamon, salt.

Turn into buttered pudding dish. Bake slowly for one-quarter hour.

H-O Muffins

One cup cooked H-O,
One and one-half cup flour,
Two tablespoonfuls sugar,
Four teaspoonfuls baking powder,
One-half teaspoonful salt,
One-half cup milk,
One egg,
Two tablespoonfuls melted butter.

Mix and sift flour, sugar, salt and baking powder. Add one-half milk, egg well beaten, remainder



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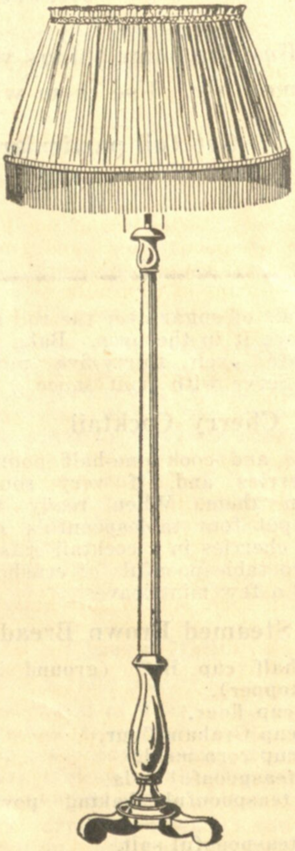

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milk and H-O. Add butter. Bake in moderate oven.

H-O Gems

One cup H-O,
One cup boiling water,
One cup Graham flour,
One teaspoonful baking powder,
One-half teaspoonful salt.

Mix boiling water and oatmeal and let it stand over night. In the morning mix flour, baking powder, and salt—and add it to the oatmeal. Add enough milk to make batter stiff enough to drop from spoon. Bake in hot buttered gem pans about twenty minutes.

Pumpkin Pie

To 2 large cups of stewed pumpkin add

One-half cup of sugar,
One-half cup of honey,
Two eggs,
One teaspoon of cinnamon,
One-half teaspoon of nutmeg,
A scant teaspoon of vanilla,
A pinch of salt,
A very little (about one-eighth of a teaspoon) cloves and ginger,
One tablespoon of flour,
Two cups of rich milk.

This makes 2 large pies or 3 small ones.

Honey Caramels

One cup extracted honey of best flavor,
One cup granulated sugar,
Three tablespoonfuls sweet cream or milk.

Boil to "soft crack," or until it hardens when dropped into cold water, but not too brittle—just so it will form into a soft ball when taken in the fingers. Pour into a greased dish, stirring in a teaspoonful extract of vanilla just before taking off. Let it be ½ or ¾ inch deep in the dish, and as it cools cut in squares and wrap each square in paraffin paper, such as grocers wrap butter in. To make chocolate caramels, add to the foregoing 1 tablespoonful melted chocolate just before taking off the stove, stirring it in well. For chocolate caramels it is not so important that the honey be of best quality.

Honey Fruit Cake

Take

One and one-half cups of honey,
Two-thirds cup of butter,
One-half cup of sweet milk,
Three eggs well beaten,
Three cups of flour,
Two teaspoonfuls of baking powder,
Two cups raisins,
One teaspoonful each of cloves and cinnamon.

Honey Nut-Cakes

Eight cups sugar,
Two cups honey,
Four cups milk or water,
One pound almonds,
One pound English walnuts,
Three cents' worth each of candied lemon and orange peel,
Five cents' worth citron (the last three cut fine),
Two large tablespoonfuls soda,
Two teaspoonfuls cinnamon,
Two teaspoonfuls ground cloves.

Put the milk, sugar and honey on the stove to boil 15 minutes; skim off the scum and take from the stove. Put in the nuts, spices and candied fruit. Stir in as much flour as can be done with a spoon. Set away to cool, then mix in the soda (don't make the dough too stiff). Cover up and let stand over night, then work in enough flour to make a stiff dough. Bake when you get ready. It is well to let it stand a few days, as it will not stick so badly. Roll out a little thicker than a common cooky; cut in any shape you like.

This recipe originated in Germany, is old and tried and the cake will keep a year or more.

Honey-Cake

One quart of extracted honey,
One-half pint sugar,
Pint melted butter,
One teaspoonful soda, dissolved in one-half teacup of warm water,
One-half of a nutmeg,
One teaspoonful of ginger.

Mix these ingredients and then work in flour and roll. Cut in thin cakes and bake on buttered tins in a quick oven.

Lemon Sauce

One cup boiling water,
Three teaspoonfuls cornstarch,
One-half cup sugar,
Grated rind and juice of one-half lemon,
One tablespoonful butter.

Mix the sugar and cornstarch thoroughly, then add the boiling water. Cook 8 or 10 minutes, stirring constantly. Add the lemon rind and juice, then the butter. Stir until the butter has melted and serve at once. If the sauce is too thick, add hot water. The lemon may be omitted and nutmeg or vanilla used.

Mrs. Minnick's Soft Honey-Cake

Put scant teaspoonful soda in teacup, pour 5 tablespoonfuls hot water on the soda; then fill the cup with extracted honey. Take ½ cup of butter and 1 egg and beat together; add 2 cups of flour and 1 teaspoonful of ginger; stir all together and bake in a very slow oven.

Ginger Bread

One-quarter cup butter,
One-half cup sugar,
One egg,
One-half cup molasses,
One-half cup milk,
One and three-quarter cups "Presto",
One teaspoonful ginger,
One-half teaspoonful cinnamon.

Cream the butter, add the sugar, molasses and yolk of egg. Mix and sift together the dry ingredients and add them alternately with the milk to the first mixture. Lastly, cut in the beaten white of the egg. Bake in moderate oven.

Pop-Overs

One cup "Presto" self-raising flour,
Seven-eighths cup milk,
One egg,
One-half teaspoonful melted butter.

Mix the "Presto" and milk gradually, in order to obtain a smooth batter. Add egg, beaten until light, and butter. Beat with Dover egg-beater until full of air bubbles, and bake 30 to 35 minutes in a hot oven. Small, round iron gem pans are best for Popovers.

Delicious Fruit Tarts

One cup "Presto",
One tablespoonful butter,
One egg,
Milk to make thick batter.

Sift "Presto" twice, add other ingredients in order given. In each muffin tin place a little batter and ½ peach. Sprinkle with a little sugar. Bake 20 minutes. Serve with whipped cream or meringue. Sliced apples may be used instead of peaches.

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We buy, not by the case, but by the dozen cases or the hundred cases—that means a lower price. We carry only brands of known quality—brands with an established reputation.

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Free Delivery to All Parts of the City

Cinnamon Coffee Cake

Two cups "Ballard" self-raising flour,
One-third cup sugar,
One-half teaspoonful cinnamon,
One egg,
Four tablespoonfuls melted butter,
One cup milk.

Sift "Ballard," sugar and cinnamon together. Add well-beaten egg to milk and add to "Ballard". Add melted butter. Put in shallow pan. Sprinkle with sugar and cinnamon. Bake 25 to 30 minutes.

Johnny Cake

Two cups "Presto" self-raising flour,
One pint sweet milk,
Two tablespoonfuls sugar,
One tablespoonful butter,
One and one-half cups Indian meal,
One egg beaten.

Mix thin. Bake in quick oven.

Crullers

One cup sugar,
One cup sweet milk,
Two eggs,
Flavor with a little nutmeg,
Two teaspoonfuls butter,
Enough "Ballard" to make a soft dough.

Cut out as for biscuits; fry in hot lard.

Fruit Drop Cakes

Two and one-half cups "Presto",
One-half cup butter,
One and one-half cups brown sugar,
Three eggs,
One teaspoonful cinnamon,
One-half teaspoonful cloves,
One lb. walnuts (chopped),
One lb. dates (chopped fine).

Drop from teaspoon and bake in hot oven.

Muffins

One-quarter cup butter,
One-quarter cup sugar,
One egg,
Seven-eighths milk,
Two cups "Ballard" self-raising flour.

Cream the butter; to it gradually add the sugar, mixing the two well together. Beat the egg and add it to the butter and sugar, and then beat in the "Ballard", alternating with the milk. Turn into a buttered gem pan and bake for twenty minutes in a hot oven.

Peach Shortcake

Place in mixing bowl
One cup of "Obelisk" flour,
One-half teaspoon of salt,
Two teaspoons of baking powder,
Four tablespoons of sugar.

Mix thoroughly and then rub in four tablespoons of Mazola Oil and mix to a dough with one-half cup of water. Turn into well-greased and floured pan and spread with a spoon evenly. Cover the top with sliced peaches and sprinkle over the peaches one-half cup of brown sugar, and one teaspoon of cinnamon, then dot with one tablespoon of butter. Bake in a moderate oven.

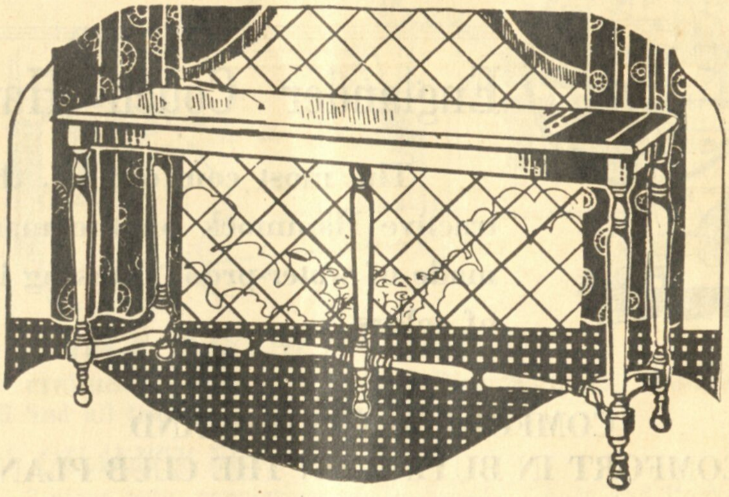
Baked Bananas

Allow one banana for each person; rub banana with shortening and then place, without peeling, in a baking pan and add one-half cup of water and bake for one hour.

Ice Cream

Dissolve contents of one 50-cent size jar of Borden's Malted Milk in one quart of boiling water. Add one and one-half cans Borden's Condensed Milk (mixed in one pint

Beautiful Art Tables for Your Home



We offer the Best, Newest, Most Unusual Designs such as Occasional Tables, Tilt Top, Console, and Davenport End Tables.

Our Club Plan makes it easy to own and enjoy.

MONTGOMERY FAIR

cold water), and two teaspoonfuls of vanilla or other flavor. Mix thoroughly and freeze in the usual way, taking care to turn freezer very slowly. This will make about two and one-half quarts.

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The Southland is the home of the sweet potato—the yam also belongs to this potato family and it is considered by many epicures, a delicate, delcious and starchy food. Our beautiful Southern States have an ideal climate and the soil conditions for growing both the sweet potato and the yam; the South also thoroughly understands the care of these delicate morsels.

The diet for each person requires a large percentage of starchy foods and surely there is no more appetizing way to satisfy this requirement than to place the sweet potato at the head of the list of starchy foods.

The sweet potato averages from 5 to 10 per cent of its total weight in vegetable sugar and this sugar is instantly available as an energy food. Hence the sweet potato has an additional food value.

The Southern sweet potato growers have formed an association to help feature the sweet potato and urge the housewives both nearby and those miles away, to get into direct touch with them for a real opportunity to receive the delicious Southland sweet potato and yam, directly from the farmer. This will save you money and bring the potatoes directly to you.

How to Care For Sweet Potatoes and Yams

The produce dealer neither knows or cares about the delicate sweet potato and for this reason, many times, when you purchase them, you are disappointed. The sweet potato and yam are as delicate as eggs and must not be stored in a damp, cold place. A basket of sweet potatoes, spread out in a single layer in a dry place, about 60 degrees Fah., will keep until used.

Use at once any of the potatoes that show signs of spoiling. The Southern farmer has of late years improved the keeping qualities of the sweet potato and if you will follow the above method, you may be reasonably certain of using every ounce of potato.

Come, let us join hands and make this a banner year for the Southern grown sweet potato.

SOME DAINTY RECIPES

Sweet Potato Pineapple

Wash 10 medium sized sweet potatoes and cover with boiling water. Cook until tender and then drain. Remove the skins and mash fine, free from lumps. Season to taste with salt and pepper and add 2 tablespoons of butter, few drops of onions flavoring, ¼ teaspoon of nutmeg, beat to thoroughly blend and then butter a baking dish and dust lightly with flour. Form the mashed and seasoned sweet potatoes into the form of a pineapple and then use the handle of the teaspoon to make the eyes in pineapple. Now place in a small bowl:

Yolk of 1 egg,
4 tablespoons of evaporated milk,

beat with fork to blend and then use a soft bristle brush, as a pas-

ENGLANDER
COUCH
HAMMOCKS

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Englander Couch Hammocks

The most comfortable, the most attractive Hammock on the market. Well made of water-proof Ducking in a variety of colors.

COMFORT IN RESTING AND
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IT IS EASY

MONTGOMERY FAIR

try brush, and brush, giving the pineapple a coating of the egg wash. Now dust the pineapple, here and there with a little paprika. Bake in hot oven for 25 or 30 minutes. Fold large napkin about dish and send to table.

Duchess Sweet Potatoes

Prepare the potatoes as for the pineapple and then form into shapes of apples, pears, plums, sweet potato, using a clove or allspice to form the stem end. Place on well buttered and floured baking sheet and wash well with the egg-wash, using the brush and dust on one side only with paprika. Bake for 18 minutes in hot oven and remove from the baking sheet with a griddle cake turner. Bacon or ham drippings may be used in place of butter. Both for seasoning and to grease the baking dish and sheet.

Sweet Potato Sausages

Wash 2 ounces of dried chipped beef in warm water for a few minutes. Drain and chop fine. Place in a mixing bowl and add:

1 tablespoon of grated onion,
3 tablespoons of finely minced parsley,
¼ teaspoon of powdered thyme,
2 cups of cooked and mashed sweet potatoes,
¼ teaspoon of pepper.

Mix thoroughly and then form into sausages. Roll in flour and brown in hot bacon or ham drippings and serve with brown gravy or tomato sauce.

Sweet Potato Cakes

Rub 6 cold boiled potatoes through sieve into a bowl and add:

1 teaspoon of onion extract,
1 teaspoon of salt,
½ teaspoon of pepper,
2 tablespoons of finely minced parsley.

Mix and then mold into cakes and dip in flour and brown in hot bacon or ham drippings.

Sweet Potato Pudding

Wash 3 medium sized sweet potatoes and then pare and grate. Now cream:

2/3 cup of sugar,
2 well beaten eggs,
3 tablespoons of butter,

And add:

½ teaspoon of nutmeg extract,
3 cups of milk,
The grated sweet potato.

Turn into pudding dish and bake for 40 minutes in slow oven. Stir twice. Serve with hard sauce.

Sweet Potato Pie

Pare cooked sweet potatoes and rub sufficient potatoes through a sieve to measure: 1 cup. Place in a bowl and add:

½ cup of sugar,
2 tablespoons of butter,
1 egg,

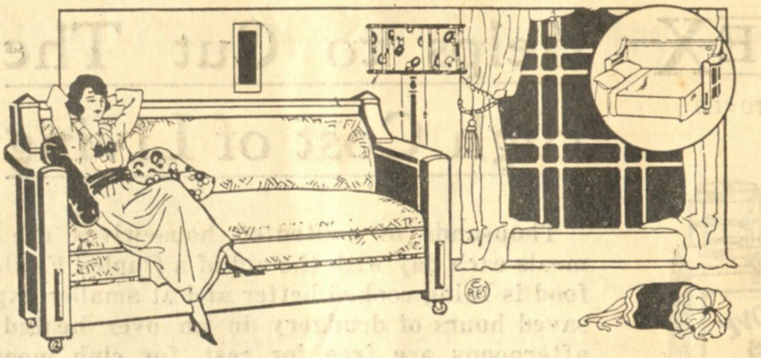
Cream well and then add:

1¼ cup of milk,
½ teaspoon of nutmeg extract,
1 teaspoon of vanilla extract,
Pinch of salt.

Beat hard to blend, then turn in a pie plate, lined with plain pastry. Bake in slow oven for 30 minutes. Dust lightly with cinnamon just before removing from oven.

French Fried Sweet Potatoes

The sweet potato makes a delicious French fry: pare and cut in usual manner and then cook in smoking hot fat until nicely browned.



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These 3-piece sets, consisting of Davinette, Chair and Rocker, come in all finishes. Your choice of Imitation Leather or Tapestry Upholstering. Davenettes open to full size sanitary beds.

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MONTGOMERY FAIR

Cottage Fried Sweet Potatoes

Pare large sweet potatoes and wash and dry. Cut in thin broad slices and fry in smoking hot bacon or ham drippings until a golden brown. Turn frequently.

Sweet Potato Pudding Argonne

Peel 6 medium sized cold boiled sweet potatoes and cut in tiny dice. Rub a baking dish well with butter and then place a layer of sweet potatoes in the bottom of dish. Season with nutmeg and then place a layer of pared and thinly sliced apples. Season with nutmeg and spread liberally with brown sugar. Repeat until dish is full, have the potatoes on top. Use 6 apples. Now place in mixing bowl:

½ cup of flour,
2 well beaten eggs,
1¾ cups of milk,
3 tablespoons of melted butter,
½ teaspoon of salt.

Beat until free from lumps and then turn over the prepared pudding and bake for 45 minutes in slow oven. Serve with vanilla sauce.

Chocolate Sweet Potato Cake

Place in mixing bowl:

1½ cups of brown sugar,
½ cup of butter,
Yolks of 2 eggs.

Cream well and then add 1 cup of cooked and mashed sweet potatoes, rubbed through a sieve. Blend until very smooth and then add:

2½ cups of sifted flour,
½ teaspoon of salt,
5 level teaspoons of baking powder,
½ level teaspoon of cinnamon,
½ cup of cocoa,
1 teaspoon of vanilla,
1¼ cups of milk.

Beat to a smooth mix and turn in well greased and floured pan. Bake in moderate oven for 50 minutes. Let cool. Ice with Tuxedo Icing.

Tuxedo Icing

Soak 1 level tablespoon of gelatin in 3 tablespoons of cold water in cup for half hour and then set the cup in a saucepan and boiling water to melt. Strain in bowl and let cool. Whip whites of 2 eggs until very stiff and then fold in the cooled gelatin and beat hard until well blended. Cook:

1½ cups of sugar,
1 teaspoon of lemon juice,
5 tablespoons of water.

Until mixture forms a soft ball, when tried in cold water, and then pour the syrup in a fine stream upon the stiffly beaten white of eggs. Beat hard and when sufficiently cool, turn on cake and spread smoothly.

Candied Sweet Potatoes

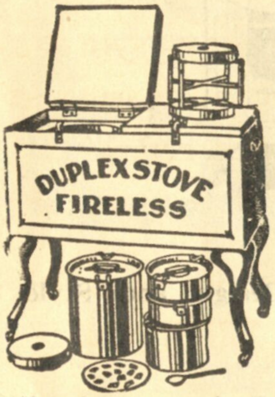
Place in skillet:

1 cup of molasses or sorghum syrup,
1 cup of brown sugar,
3 tablespoons of bacon or ham drippings,
½ teaspoon of nutmeg extract.

Cook mixture until thick and then add the whole cold boiled sweet potatoes and simmer in syrup until heated. Baste the potatoes frequently with syrup. Now draw skillet to side range and let mixture cool. Baste the sweet potatoes with syrup and it will candy on the potatoes.

DUPLEX

FIRELESS STOVES



Duplex Fireless Stoves are made by the Durham Mfg. Co., the world's largest manufacturers of fireless stoves, and guaranteed in every feature by them.

Helps to Cut The High Cost of Living

Thousands of contented housewives are preparing their meals each day with the aid of a Duplex Fireless Stove. Their food is being cooked better and at smaller expense. They are saved hours of drudgery in an over heated kitchen. Their afternoons are free for rest, for club meeting or trips to movies.

Are you one of these contented Duplex owners?

Call at our store. See the Duplex. You will want one.

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Montgomery Fair

USEFUL INFORMATION

Help in Case of Accident

Drowning. 1. Loosen clothing, if any. 2. Empty lungs of water by laying body on its stomach and lifting it up by the middle so that the head hangs down. Jerk the body a few times. 3. Pull tongue forward, using handkerchief, or pin with string, if necessary. 4. Imitate motion of respiration by alternately compressing and expanding the lower ribs, about twenty times a minute. Alternately raising and lowering the arms from the sides up above the head will stimulate the action of the lungs. Let it be done gently but persistently. 5. Apply warmth and friction to extremities. 6. By holding tongue forward, closing the nostrils, and pressing the "Adam's Apple" back (so as to close entrance to stomach) direct inflation may be tried. Take a deep breath and breathe it forcibly into the mouth of patient, compress the chest to expel the air and repeat the operation. 7. DON"T GIVE UP! People have been saved after hours of patient, vigorous effort. 8. When breathing begins, get patient into a warm bed, give warm drinks, or spirits in teaspoonfuls, fresh air and quiet.

Burns and Scalds. Cover with cooking soda and lay wet cloths over it. White of eggs and olive oil. Olive oil or linseed oil, plain, or mixed with chalk of whiting. Sweet or olive oil and lime-water.

Lightning. Dash cold water over person struck.

Sunstroke. Loosen clothing. Get patient into shade and apply ice-cold water to head. Keep head in elevated position.

Mad Dog or Snake Bite. Tie cord tight above wound. Suck the wound and cauterize with caustic or white-hot iron at once or cut out adjoining parts with a sharp knife. Give stimulants, as whiskey, brandy, etc.

Stings of Venomous Insects, etc. Apply weak ammonia, oil, salt water or iodine.

Fainting. Place flat on back; allow fresh air and sprinkle with water. Place head lower than rest of body.

Cinders in the Eye. Roll soft paper up like a lamplighter, and wet the tip to remove, or use a medicine dropper to draw it out. Rub the other eye.

If Choked. Get down on all fours and cough.

Fire in One's Clothing. Don't run, especially not downstairs or out-of-doors. Roll on carpet, or wrap in woolen rug or blanket. Keep the head down, so as not to inhale flame.

Fire from Kerosene. Don't use water, it will spread the flames. Dirt, sand or flour is the best extinguisher, or smother with woolen rug, table-cloth or carpet.

Suffocation from Inhaling Illuminating Gas. Get into the fresh air as soon as possible and lie down. Keep warm. Take ammonia—twenty drops to a tumbler of water, at frequent intervals; also two to four drops tincture nux vomica

Our Bedroom Furniture Will Delight Any Housekeeper

Period designs. Any Style of Finish. Mahogany, Ivory, Parchment, Duotone, Enameled Decorated.

It's easy to beautify your home on OUR CLUB PLAN a little at a time.

MONTGOMERY FAIR

USEFUL INFORMATION

every hour or two for five or six hours.

If any Artery is Cut, compress it above wound. Blood from an artery is red, that from the veins dark.

Antidotes for Poisons

First—Send for a physician.

Second—Induce vomiting by tickling throat with feather or finger. Drink hot water or strong mustard and water. Swallow sweet oil or whites of eggs.

Acids are antidotes for **Alkalies** and vice versa.

Special Poisons and Antidotes

Acids—Muriatic, Oxalic, Acetic, Sulphuric (Oil of Vitriol), Nitric (Aqua Fortis)—use soap suds, magnesia, lime-water.

Prussic Acid—Use ammonia in water. Dash water in face.

Carbolic Acid—Use flour and water, mucilaginous drinks.

Alkalies, Potash, Lye, Hartshorn, Ammonia—Use vinegar or lemon juice in water.

Arsenic, Rat Poison, Paris Green—Use milk, raw eggs, sweet oil, lime-water, flour and water.

Bug Poison—Lead, Saltpetre, Corrosive Sublimate, Sugar of Lead, Blue Vitriol—Use white of eggs or milk in large doses.

Chloroform, Choral, Ether—Use artificial respiration. Dash cold water on head and chest.

Carbonate of Soda, Coperas, Cobalt—Use soap suds and mucilaginous drinks.

Iodine. Antimony, Tartar Emetic—Use starch and water, astringent infusions, strong tea.

Mercury and its Salts—Use whites of eggs, milk mucilages.

Opium. Morphine, Laudanum, Paregoric, Soothing Powders or Syrups—Use strong coffee, hot bath. Keep awake and moving at any cost.

Legal Holidays in the Various States

JANUARY 1. New Year's Day: In all states (including District of Columbia, Porto Rico, Hawaii and Alaska). (In Maine a bank holiday only legally.)

JANUARY 8. Anniversary of the Battle of New Orleans: In Louisiana.

JANUARY 19. Lee's Birthday: In Fla., Ga., N. C., S. C., Va., Ala., Miss., and Ark.

FEBRUARY 12. Georgia Day: In Georgia.

FEBRUARY 12. Lincoln's Birthday: In Calif., Colo., Vt., Del., Ill., Ia., Ind., Kansas, Mich., Minn., Mon., Nebraska, Nevada, N. J., N. Y., N. Dakota, Oregon, Penn., S. Dakota, Utah, Wash., W. Va., Wyo.

USEFUL INFORMATION

FEBRUARY 22. Washington's Birthday: In all the states, D. of C., Porto Rico, Hawaii, and Alaska.

MARCH 2. Anniversary of Texan Independence: In Texas.

April (First Monday). Annual Spring Election: In Michigan.

APRIL 12. Halifax Independence Resolutions: In North Carolina.

APRIL 13. Thomas Jefferson's Birthday: In Alabama.

GOOD FRIDAY. In Ala., Conn., Del., Fla., La., Md., Minn., N. J., Penn., Porto Rico, Tenn.

APRIL 19. Patriot's Day: In Maine and Massachusetts.

APRIL 21. Anniversary of the Battle of San Jacinto: In Texas.

APRIL 26. Confederate Memorial Day: In Alabama, Florida, Georgia, Mississippi and Virginia.

MAY 10. Confederate Memorial Day: In North Carolina and South Carolina.

MAY (Second Friday). Confederate Day: In Tennessee.

MAY 20. Anniversary of the Signing of the Mecklenburg Declaration of Independence: In North Carolina and Kentucky.

MAY 30. Decoration Day: In all the states, D. of C., Porto Rico, Hawaii, except Alaska, Arkansas, Florida, Louisiana, Mississippi, North Carolina, South Carolina and Texas.

JUNE 3. Jefferson Davis's Birthday: In Arkansas, Fla., Ga., Ala., Miss., Texas, S. C., and Virginia. In La., known as "Confederate Memorial Day."

JUNE (Last Wednesday). Primary Election Day: In North Dakota.

JULY 4. Independence Day: In all the states and District of Columbia, Porto Rico, Hawaii and Alaska.

JULY 10. Admission Day: In Wyoming.

JULY 24. Pioneers' Day: In Utah.

JULY (Fourth Saturday). Primary Election Day: In Texas.

AUGUST. Primary Election Day: In Missouri. In Michigan (last Tuesday in August preceding every general November election).

AUGUST 1. Colorado Day: In Colorado.

AUGUST 16. Bennington Battle Day: Vermont.

First Monday in September, Labor Day: In all the states (District of Columbia, Porto Rico, Hawaii and Alaska).

SEPTEMBER Primary Election Day: In Nevada, Wisconsin, First Tuesday.

SEPTEMBER 9. Admission Day: In California.

SEPTEMBER 12. "Old Defenders' Day." In Baltimore, Md.

OCTOBER 12. Columbus Day: In Arizona, Arkansas, California, Colorado, Connecticut, Delaware, Idaho, Illinois, Indiana, Kansas, Kentucky, Maryland, Massachusetts, Michigan, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, New York, Ohio, Oklahoma, Oregon, Pennsylvania, Porto Rico, Rhode Island, Texas, Vermont, Washington, West Virginia.

OCTOBER 31. Admission Day: In Nevada.

NOVEMBER 1. All Saints Day: In Louisiana.

NOVEMBER General Election Day: In Alabama, Alaska, Arizona, California, Colorado, Delaware, Florida, Idaho, Illinois, Indiana, Iowa, Louisiana, Maine, Maryland, Michigan, Minnesota, Missouri, Montana, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, North Dakota, Ohio (from 12 M. to 5:30 P. M. only), Oklahoma, Oregon, Pennsylvania, Porto Rico, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Virginia, West Virginia, Washington, Wisconsin and Wyoming in the years when elections are held therein. First Tuesday after First Monday.

NOVEMBER Thanksgiving Day: (usually the last Thursday in November): Is observed in all the states, and in the District of Columbia, Porto Rico, Hawaii and Alaska.

There are no statutory holidays in Mississippi, but by common consent the Fourth of July, Thanksgiving and Christmas are observed. In New Mexico, Washington's Birthday, Decoration Day, Labor Day, Flag Day (June 14), and Arbor Day are holidays, when so designated by the Governor. In South Carolina, Thursday of Fair Week is a legal holiday.

ARBOR DAY is a legal holiday in many states, although in some it is observed as designated by the Governor.

Domestic Parcel Post Rates

Covering all Fourth Class Matter. The maximum weight if parcels adddressed for local delivery and in the 1st, 2nd and 3rd zones (within 300 miles) is 70 pounds. 1 cent for each additional pound.

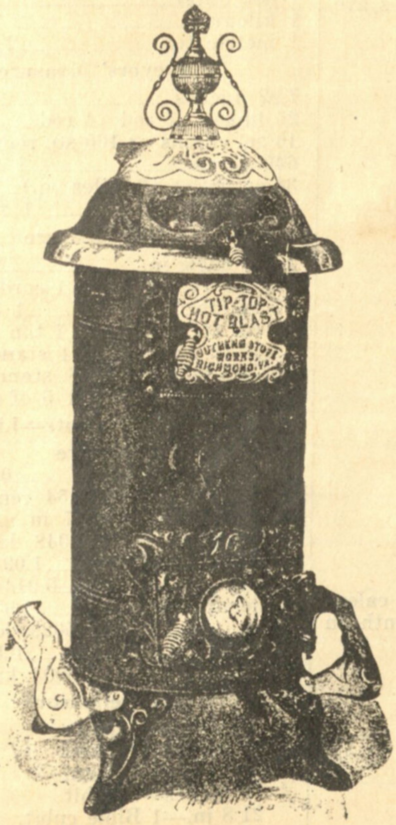
Rates—All matter weighing four ounces or less will be subject to postage at the rate of 1 cent for each ounce or fraction, regardless of distance. Parcels mailed for delivery on same rural route, or within delivery limits of same city, 5 cents for first pound or fraction, and 1 cent for each additional 2 pounds.

Within 150 miles (1st and 2nd zones) 5 cents for first pound and 1 cent for each additional pound.

Within 300 miles (3rd zone) 6 cents for first pound and 2 cents for each additional pound.

TIP-TOP HOT BLAST HEATERS

WITH FRONT FEED DOOR


TIP-TOP HOT BLAST
SOUTHERN STOVE WORKS, RICHMOND, VA.

They give more heat when burning run-of-mine soft coal than ordinary heaters give with hard coal.

THE TIP-TOP HOT BLAST has a heavy polished sheet steel body that radiates the entire heat, which means solid comfort during the coldest winter weather.

The large Feed Door in front enables you to put in fuel without allowing the gases and smoke to escape in the room.

The Bottom Doors make it easy to remove the ashes with any ordinary fire shovel. For solid comfort, economy and cleanliness there is no other stove equal to the Tip-Top Hot Blast Heaters.

YOU CAN BUY THEM ON THE CLUB PLAN

MONTGOMERY FAIR

USEFUL INFORMATION

Within 600 miles (4th zone) 7 cents for first pound and 4 cents for each additional pound.

Within 1,000 miles (5th zone) 8 cents for first pound, and 6 cents for each additional pound.

Within 1,400 miles (6th zone) 9 cents for first pound, and 8 cents for each additional pound.

Within 1,800 miles (7th zone) 11 cents for first pound, and 10 cents for each additional pound.

All beyond 1,800 miles (8th zone) 12 cents for each pound or fraction.

The parcel post includes the mailing of books, those weighing 8 ounces or less, 1 cent for each 2 ounces or fraction; those weighing in excess of 8 ounces, the regular zone rate shall apply.

The local rate is applicable to parcels for delivery at the office of mailing or on a rural route starting therefrom.

The address of firm making shipment must be displayed, preceded by the word "from." No advertising matter allowed on outside.

Parcels may contain butter, lard, vegetables, fruit; meat—fresh or dried; millinery; steel, iron or wooden products. Articles not to be sent include intoxicating liquors, poisons, inflammable articles, live or dead animals, poultry, firearms or anything likely to injure the person or postal employees or damage the mail equipment or other mail matter.

Parcels may be insured actual value only, up to $5, 3c; $25, 5c; $25 to $50, 10c.

Parcels may be sent C. O. D. An extra postal fee for collection will be charged.

Weights and Measures

Troy Weight

20 grains—1 pwt.
20 pwts.—1 ounce.
12 ounces—1 pound.

Apothecaries' Weight

20 grains—1 scruple.
3 scruples—1 dram.
8 drams—1 ounce.
12 ounces—1 pound.

The ounce and pound in this are the same as in Troy wegiht.

Avoirdupois Weight

27 11/32 grains—1 dram.
16 drams—1 ounce.
16 ounces—1 pound.
25 pounds—1 quarter.
4 quarter—1 cwt.
2,000 lbs.—1 short ton.
2,240 lbs.—1 long ton.

Dry Measure

2 pints—1 quart.
8 quarts—1 peck.
4 pecks—1 bushel.
36 bushels—1 chaldron.

Liquid Measure

4 gills—1 pint.
2 pints—1 quart.
4 quarts—1 gallon.
31½ gallons—1 barrel.
2 barrels—1 hogshead.

Time Measure

60 seconds—1 minute.
60 minutes—1 hour.
24 hours—1 day.
7 days—1 week.
28, 29, 30 or 31 days—1 calendar month (30 days—1 month in computing interest).
365 days—1 year.
366 days—1 leap year.

Circular Measure

60 seconds—1 minute.
60 minutes—1 degree.
30 degrees—1 sign.
90 degrees—1 quadrant.
4 quadrants—12 signs or
360 degrees—1 circle.

Long Measure

12 inches—1 foot.
3 feet—1 yard.
5½ yards—1 rod.
40 rods—1 furlong.
8 furlongs—1 sta. mile.
3 miles—1 league.

Cloth Measure

2¼ inches—1 nail.
4 nails—1 quarter.
4 quarters—1 yard.

Mariners' Measure

6 feet—1 fathom.
120 fathoms—1 cable length.
7½ cable lengths—1 mile.
5,280 feet—1 stat. mile.
6,085 feet—1 naut. mile.

Weights

1 decimeter .... 4 in.
1 meter .... 1.1 yds.
1 kilometer .... ⅝ of a mile
1 hectare .... 2½ acres
1 stere or cu. meter .... ¼ of a cord
1 liter .... 1.06 qts. liquid 0.9 qt. dry
1 hektoliter .... 2½ bu.
1 kilogram .... 2 1/5 lbs.
1 metric ton .... 2,200 lbs.

Surveyors' Measure

7.92 inches .... 1 link
25 links .... 1 rod 4 rods .... 1 chain
10 sq. chains or 160 sq. rods ... 1 acre
640 acres .... 1 sq. mile
36 sq. miles (6 miles sq.) .... 1 township

Cubic Measure

1,728 cubic in. .... 1 cu. ft.
128 cu. ft. .... 1 cord (wood)
17 cu. ft. .... 1 cu. yard
40 cu. ft. .... 1 ton (shipg.)
2,150.42 cubic in. .... 1 standard bu.
231 cu. in. .... 1 U. S. standard gal.
1 cu. ft. .... about 4/5 of a bushel

Metric Equivalents—Linear Measure

1 centimeter .... 0.3937 in.
1 in. .... 2.54 centimeters
1 decimeter .... 3.937 in. .... 0.328 ft.
1 ft. .... 3.048 decimeters
1 meter .... 39.37 in. .... 1.0936 yards
1 yd. .... 0.9144 meters
1 dekameter .... 1.9884 rods
1 rd. .... 0.5029 dekameter
1 kilometer .... 0.62137 m.
1 m. .... 1.6093 kilometers

Miscellaneous

3 inches—1 palm.
4 inches—1 hand.
6 inches—1 span.
18 niches—1 cubit.
21.8 in.—1 Bible cubit.
2½ ft.—1 military pace.

Square Measure

1 sq. centimeter .... 0.1550 sq. in.
1 sq. decimeter .... 0.1076 sq. ft.
1 sq. meter .... 1.196 sq. yd.
1 acre .... 3.954 sq. rods
1 hectare .... 2.47 acres
1 sq. kilometer .... 0.386 sq. m.
1 sq. inch .... 6.452 sq. centimeters
1 sq. foot .... 9.2903 sq. decimeters
1 sq. yd. .... 0.8361 sq. m'r.
1 sq. rd. .... 0.2529 acre
1 acre .... 0.4047 hectare
1 sq. m. .... 2.59 sq. kilometers

Square Measure

144 sq. inches—1 sq. foot.
9 sq. feet—1 sq. yard.
30¼ sq. yds.—1 sq. rod.
40 sq. rods—1 rood.
4 roods—1 acre.
6,440 acres—1 sq. mile.

We have left these pages for your use, in order that you may be able to write down the hundreds of valuable suggestions that Mrs. Wilson will give you during her lectures.

COOK WITH GAS

The Clean, Quick and Economical Fuel

The Direct Action Gas Range used at this demonstration is loaned by this Company. The Direct Action Range is equipped with the celebrated "Lorain" Heat Regulator. A whole meal consisting of meats, vegetables, pudding and dried fruits, etc., can be cooked in the oven of the Direct Action Range at one time with the use of one Gas Burner. It is not necessary to pre-heat the oven of the Direct Action Gas Range.

PERFECT GAS SERVICE

It is our desire to supply Perfect Gas Service to our patrons, and if you are not receiving this class of service notify us and we will be pleased to make a complete investigation and advise you of the actual conditions as found. We are glad to make Range and Heater Adjustments, etc.

...The...

Montgomery Light & Water Power Co.

S. B. IRELAN, Receiver

Phone 2720 Montgomery, Alabama